

**ABSTRACT OF THE DISCLOSURE**

An information recording and reproducing apparatus is capable of dubbing a video and audio signal onto a digital recording medium in a short time, using a control signal recorded on an analog recording medium together with the video and audio signal. The information recording and reproducing apparatus includes a control signal detecting part for detecting a control signal recorded on the analog recording medium, a control part, and the like. When a dubbing instruction is input, the control part instructs a recording part to start a dubbing operation of recording the video and audio signal reproduced by a reproducing part onto the digital recording medium, and during the dubbing operation, when a non-recorded region where the control signal is not recorded on the analog recording medium is detected, the control part instructs the recording part to temporarily stop recording onto the digital recording medium.